

Barley Banana Bread

(butter and sugar)

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Ingredients

1½ cup barley flour
¾ teaspoon salt (optional)
½ teaspoon baking soda
¼ teaspoon baking powder
⅓ cup room temperature butter
⅔ cup sugar
2 large eggs
1 cup mashed ripe bananas
non-stick cooking spray, butter
or oil for greasing loaf pan

Equipment

- 2-quart mixing bowl
- 4-quart mixing bowl
- measuring cups
- measuring spoons
- electric mixer
- wooden spoon
- 9x5-inch loaf pan, greased

Method

1. Preheat oven to 325°F.
2. In 2-quart mixing bowl, mix: flour, salt, baking soda and baking powder. Set aside.
3. In 4 quart mixing bowl, blend butter and sugar with electric mixer until creamy.
4. Add eggs and blend until fully combined.
5. Add bananas and blend until fully combined.
6. Gradually add dry ingredients to butter and sugar mixture. Blend until fully combined.
7. Pour batter into greased, 9x5-inch loaf pan.
8. Bake for 60–75 minutes, until a toothpick inserted into the center comes out clean.
9. Cool bread in pan for 10 minutes. Loosen sides of loaves from pan with a butter knife. Turn pan upside down onto cooling rack. Tap bottom of pan with backside of butter knife until loaf releases from pan. Remove pan, turn bread over and let cool for at least 30 minutes before slicing.
10. Wrap completely cooled bread tightly in plastic wrap or plastic storage bag. Store for up to 4 days at room temperature or 7 days in refrigerator.

Makes about 12 ¾-inch slices



Total Cost: \$1.73

Cost per serving: \$0.14

*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.



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Tips

- Try adding ½ cup nuts such as walnut pieces or sliced almonds.
- Try adding ½ cup dried fruit such as raisins or currants.
- This recipe can be doubled. Bake in 2 greased, 9x5-inch baking dishes.
- Make banana muffins instead. Replace 9x5-inch baking pan with a 12-cup muffin tin. Makes 12 muffins.
- Tightly wrap loaf in plastic freezer wrap and aluminum foil and freeze for up to 6 months.
- The eggs can be replaced with a pasteurized egg product. Replace according to package instructions.
- The eggs can be replaced with powdered eggs. Replace according to package instructions.
- To reduce the mess, line inside of baking dish with wax paper instead of greasing.
- Barley has a distinct flavor. If it is too strong, replace half with either whole wheat or all-purpose flour.

Nutrition Facts

Serving Size (55g): 1 slice

Servings Per Container: About 12

Amount Per Serving

Calories 150 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 220mg **9%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 14g

Protein 2g

Vitamin A 4% • Vitamin C 2%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





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